

No Doubt About It

Abraham Lincoln once said, “It often requires more courage to dare to do right than to fear to do wrong.” Everyone has felt uncertain and doubtful at various points in life. I have doubted myself so many times in my years of schooling ever since I realised that I cannot do anything and everything. Of course, I have heard that so long as I put my mind to it, nothing is impossible. However, reality suggests otherwise. Have you worked hard to achieve results in an area, yet not succeed? Well, I have.

When I started training to become an athlete two years ago, I had no idea of what lay ahead. I had no doubts about myself in terms of running then. I know I exceeded expectations in my first year, and was happy with my progress. Race timings kept improving, no matter only by a split second. I was really confident.

By my second year, I knew about pacing, other competitors, and I knew my limit. *Or so I thought.* My coach believed in me, that I would do well. Whereas, I doubted myself because I thought I was lacking compared to other competitors. I doubted I could last through the race if I started too fast. My fears never came through. During competitions, my fears took over, and thus I never started fast. *I never clocked a good time either.* My coach was disappointed and angry. She felt I did not give my all. Indeed, it was what my timing reflected. She believed I had the potential to clock a timing of below 2.40 minutes, no more, but I clocked 2.46 minutes. She told me, “You doubt yourself too much. Believe in yourself and have more courage. At least dare to go out there and do something for the team.”

Now, it is my third year in the track team and have yet to clock timings up to standard since secondary one. After much deliberation, I concluded that doubt and fear have been barring me from performing. By harbouring doubt, I limit myself to the potential I make out for myself. With fear, I deny myself of the courage to try. This applies to everything in life. For instance, I would never know if what I think is right if I do not voice it out due to fear of being wrong. I restrict myself by doubting myself and fearing to do wrong, but could unleash my potential by having the backbone to try, and to try to do it right.

Often, I tend to underestimate myself and end up unable to perform. This could be attributed to my apprehension of doing wrong, thus never taking a step forward. I always think I am human and thus have limitations. However, it definitely would not hurt to be daring for the right things.

Therefore, I aim to train myself to gain courage, to let myself dare to believe I can do right and to let myself dare to believe I can do well, once again. When in doubt, or facing

adversities no matter major or minor, everyone should gather courage to overcome them and do right. This I believe.